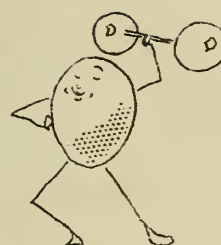


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FOOD FACTS FOR FACTORY CHEFS



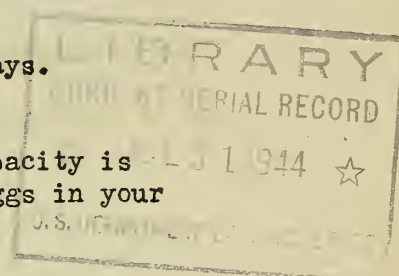
Western Union Bldg., Atlanta, 3, Ga.

April 18, 1944

GIVE A GOOD EGG A BREAK

Serve eggs each meal in many ways
For health and wealth you'll find it pays.

The Egg Facts---Egg production is up--up. Storage capacity is limited. Your cooperation is needed to include more eggs in your menus.



SUGGESTIONS FOR USING EGGS

Cold Egg Dishes -

Egg Salad Plate - Could consist altogether of abundant foods, as deviled eggs, potato salad, cole slaw and pickled beets.

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Egg Salad No. 1 - Deviled egg served on shredded lettuce or watercress.

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Egg Salad No. 2 - Chopped hard-cooked eggs with chopped celery, salad dressing and seasonings. May be molded and served on a slice of tomato.

• • • • •

Egg Salad No. 3 - Sliced hard-cooked egg on lettuce with mayonnaise, or pickled eggs served this same way.

• • • • •

Egg-Spinach Salad - Chopped spinach and green onion with chopped hard-cooked eggs. A hot bacon fat dressing is good with this. Shredded leaf lettuce may be used instead of the spinach.

• • • • •

Molded Egg Salad - Mold halves of deviled eggs in clear aspic.

Hot Egg Dishes -

Egg Croquettes

• • • • •

Egg Cutlets - Mix chopped, hard-cooked eggs with a thick white sauce. Chill. Mold in cutlet shape and fry. May be served with a tomato or other sauce if desired.

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Scalloped Eggs

• • • • •

Scalloped Eggs With Ham

• • • • •

Creamed Eggs

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Shirred Eggs in Ham or Bacon Nests -

Line individual baking dishes with a thin slice of ham or strip of partially cooked bacon. Add egg, seasoning and bake until firm.

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Custards -

Boiled - Floating Island

Baked - Vanilla, Chocolate, Caramel, Cocoanut, Maple.

* * * * *

Sponge cake with custard sauce

Custard Pies - all types

Rice Pudding - with or without custard sauce.

Bread Pudding - with or without custard sauce.

POSTER SLOGANS

Get your vitamins in a natural package - the egg.

Eggsactly what you need - an egg.

An egg a day - the nutritionists say.

An egg for breakfast will help to prevent that tired feeling before lunch.

* * * * * How fortunate we are to be
* * * * * able to urge people to eat
* * * * * plentiful foods. Our farm-
* * * * * ers have done their part
* * * * * on the Food Front. Our Boys
* * * * * and Girls are doing their
part on the Fighting Front. It is up to us
to do our part by making best use of our
food supplies. This means using more of
the foods that are in abundance and saving
the scarcer foods and the foods that are
needed for storage and shipping. Right now
we need to use more Eggs, Potatoes, Cabbage.

WAR FOOD ADMINISTRATION
Office of Distribution
Western Union Building
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Penalty for private use to avoid
payment of postage \$300.00.

FIRST CLASS

OFFICIAL BUSINESS